

VITAL SIGNS

VOL VI No. 9 Naval Regional Medical Center, Orlando, Florida

1 August 1983

New LCDR's frocked on 26 July

Stepping UP in the Navy



LCDR Daniel Colvin, NC, USN,
with Captain Herr and wife, Judith.



LCDR Robin Rhodes, MC, USNR,
with Captain Herr and husband, LCDR Martin
HARRIS, MC, USN.



LCDR Gary Lehman, MC, USN,
with Captain Herr and wife, Elizabeth.



LCDR Susan Faurot, NC, USN,
with Captain Herr and Commander Sparks.



LCDR Barbara Fieldman, MSC, USN,
with Captain Herr and LCDR Dumais.



LCDR Judith Logeman, NC, USN,
with Captain Herr and Captain Nickerson.

Civilian Awards

The Commanding Officer is pleased to announce the following Civilian Performance Awards:

SUSTAINED SUPERIOR PERFORMANCE:

Retta W. Chadwick, H-32
 Mildred D. Robidere, H-32
 Jean A. Thomas, H-39
 Eleanor Stetson, H-06B
 Ronald H. Elliott, H-32
 Marion J. Modeste, H-11
 Patricia M. DeBow, H-14A
 Gerald B. Gullatt, H-34
 Manuel A. Maldonado, H-32

QUALITY SALARY INCREASE:

Margaret E. Walker, H-39
 Joyce M. Lockwood, H-39
 Anne C. Swartout, H-39

OUTSTANDING PERFORMANCE RATING
(With Sustained Superior Performance)

Linda L. Proffitt, H-08
 Albert Larrivee, H-34

OUTSTANDING PERFORMANCE RATING
(With a Quality Salary Increase)

Catherine A. Bottleman, H-05
 Cheryl R. Evans, H-17

**Watch that right cross,
Captain!**

Captain Herr checks out HM3 Gregory Brown's boxing skill as he picked up his orders to NavPhiBase, Little Creek. HM3 Brown was selected to participate in the Navy's boxing camp where qualified participants will be selected to represent the Navy in the 1983 Interservice Boxing Championships in Munich, Germany, this fall. The boxers who continue to be a part of the team will ultimately compete in the 1984 Olympics!

Whoooizzit?

Do you know this staff member? The answer is on Page 12.

American Red Cross

**Volunteer hours
for June -
1,819**

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Steth-o-Scoop Reporter/Photographer:

HM1 Bogan McQuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN A. HERR, DC, USN
 Editor: HCMC(SS) R. C. CLEMENTS, USN

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STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



Would you volunteer to be an organ transplant donor?



HM3 Frank Thompson, Nursing Services. "If it were necessary for the patient survival, there would be no question. Absolutely yes -- without a doubt!"



LCDR Susan Faurot, NC, Emergency Room: "Yes ... why waste a good thing!"



Jan Cuccia, Radiology Service: "I have already signed a donor card for donation upon my death ... and I am definitely willing during my life."



HM2 Michael Stemmerman, Ophthalmology Service: "I have never given it any thought. If I were a person's only chance between life or death, I would have to say yes without hesitation."



Sharon Brann, Social Work Service: "Yes. The idea of being an organ donor appeals to me. What greater gift could a person give than literally a part of themselves. If I could give a part of me that would enable someone else to live a whole, complete life, then I would gladly do it."



LCDR R. Lewis, MC, Chief of Urology Service: "When safe to the donor, any gift which can save a life seems appropriate. When life is no longer possible for the donor, then giving life to someone else is the kindest thing someone can do."

Staff Journal

Promotion



On 6 July, ENS Scott E. Stegall, CEC, USNR, received his promotion to LTJG. On hand for the ceremony were his father-in-law, COL Wendell Prince, USA (Ret.) and LTJG Stegall's wife, Wendie.

Reenlistments



On 12 July, HMC Emmett Windham, Medical Repair Section, was reenlisted by LCDR William Sattley, MSC, USN, Chief of Fiscal and Supply Service. LCDR Sattley presented Chief Windham's wife, Patricia, with the Certificate of Appreciation.



HM2 Michael Hodgson, Pharmacy, got "high" on his reenlistment on 28 July. CDR Riley administered the oath on the roof of the Naval Hospital on a beautiful Florida morning!

Newest Frockees



On 15 July, Captain Herr frocked our newest group of HM3's. Pictured with Captain Herr, left to right, front row: HM3 Robert E. Isaac, HM3 David Koons, HM3 William Johnson, HM3 Donna Lema, and HM3 John Lambertson. Back row: HM3 Dale Haynie, HM3 Karl Kelly, HM3 Steven Jordan, HM3 Ronald Hudson, HM3 Eric Luhtanen, and HM3 Cynthia Lawhorn.



Captain Herr, HM3 Lewis Achorn, HM3 Ronald Gregory, HM3 Janet Bojko, HM3 Gregory Brown, HM3 Reynard Cain, HM3 Rosetta Blanton, HM3 Daryl Frett, and HM3 Catherine Bellamy. Back row: HM3 Robert Biggins, HM3 Wayne Carlton, HM3 Jonathan Allen, HM3 Beverly Brooks, HM3 Rayford Dennis, and HM3 Todd Currter.



Captain Herr, HM3 Audie Murphy, HM3 Carolyn White, HM3 Patricia McCormack, HM3 John Wilkes, HM3 Iwona Wojcik, and HM3 Billy Sowards. Back row: HM3 Anthony Montgomery, HM3 Daniel Napoleon, HM3 Jeffrey Saadat, HM3 Benjamin Navarez, and HM3 Larry Rivera.

Retirement

On 30 June, LT William Miller, NC, USN, retired. Pictured above, during the ceremony are: Captain Fout (on left), LT Miller's wife, Rolline, LT Miller, and Captain Herr.

U.S. Navy Photo

Departures

Captain George Telesh, MC, departing for NRMC Guam.



HM2 Marino Quinsay, departing for Advanced Laboratory School, NSHS, Bethesda, Md.



CDR Pratt with HM3 Julio Saldana on his transfer to NavHosp Guantanamo Bay, Cuba.



LCDR John Pinkerton, MSC, departing for NRMC, Camp Lejeune.



CDR C. Susan Hyatt, NC, departing for NRMC, Camp Pendleton.



HMC Francis Davidson heading for sea on the USS CLARK.

Staff Accolades

Semi-annual Leadership Award



HMC Mize

HMC Rickie L. Mize, USN, Leading Chief Petty Officer of the In-barracks Screening Program, Hospital Annex, has been selected for the Semi-Annual Leadership Award. Chief Mize, an outstanding Senior Petty Officer, was selected "in recognition of his superior service. His leadership, exemplary performance, conduct, and loyalty are in keeping with the highest traditions of the United States Naval Service."

Sailor of the Quarter



HM2 Diaz

HM2 Ambrosio A. Diaz, USN, Operating Room Service, has been selected as the Naval Hospital's Sailor of the Quarter, 2nd Quarter, 1983. Petty Officer Diaz has 4 years of Naval service and has had a tour of duty with the First Marine Division, Camp Pendleton. HM2 Diaz was selected for his "high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty."

Blue Jacket of Quarter



HM3 Allen

The Blue Jacket of the Quarter, 2nd Quarter, 1983, is HM3 Jonathan Allen (recently frocked) from Dermatology. HM3 Allen was selected for "outstanding performance, personal conduct, appearance, and devotion to duty."

Civilian of the Quarter

Vital Signs regrets
that, at press
time, Blondeen
was hospitalized.
We wish her a speedy
recovery.

Blondeen Hammonds

Blondeen Hammonds, Patient Affairs Service, has been selected as the Civilian of the Quarter, 2nd Quarter, 1983. Blondeen was selected "in recognition of her outstanding performance, dedication to duty, and superb management ability."



Captain Herr and Captain McClurkan with recipients of the Good Conduct Medals presented on 21 June. (Left to right) HM2 Edward Paige, HM2 Raghavendra Parvatikar, HM2 Ron Pumphrey, HM2 Ambrosio Diaz, HM3 Tony Sires, and HM3 Zachary Wood.



Captain Herr presented the following Letters of Commendation on 21 June: Next to Captain Herr, ENS Robert Wright, MSC, CW03 Fredrick Summer, PA, CW03 Anthony Caffarelli, PA, CW04 John Moffett, PA, HMC Elizabeth Waddell, LT James Golligly, MSC, and to the right of Captain McClurkan, CDR Luis M. Julio, MC.



Captain Herr presented the following Letters of Appreciation on 21 June: Next to Captain Herr, HMC Chris SWAN, MS1 Davy Daughtry, ENS Sharon E. DuLac, MSC, LCDR Gary Dumais, MSC, HM2 Wayne Kysor, HM3 John Windross, and Captain McClurkan.



Other presentations on the 21st of July by Captain Herr were: Dean P. Cary, frocked to HM3; Remi Lema, frocked to HM3; CW02 Michael Grizzle, PA, permanent appointment to HMCM; Christopher McWaters, frocked to HM3; CW03 Jerry Vance, PA, permanent appointment to HMCM; Catrina Cunningham, frocked to HM3; LTJG Scott Stegall, CEC, Yard of the Month Award; LT Harvey Simpkins, MSC, Athletic Achievement; and Captain McClurkan.



CHAPLAIN'S COMMENTS

By LT James L. Doss, CHC, USNR

Four letter words

Four-letter obscenities have become very common in today's society. One finds them increasingly being used in contemporary literature, movies, theatre, television, and even in so-called "sophisticated" conversation. The value of such words is indeed questionable. However, there are some four-letter words whose value for everyday life are beyond question: George Scharringhausen, a pharmacist, who some years ago underwent a period of intense stress and tension, developed the following formula for inner strength which is based upon five key four-letter words.

LOOK - Look squarely at the nature of your problems. Be alert. Keep looking for right solutions. Look around you for opportunities.

WORK - Nothing will so fortify you against stress as hard, constructive work.

GIVE - Give yourself to people. Be genuinely interested in their problems, and in the process you'll overcome reluctance and weariness.

LOVE - Love nourishes and restores you. Love is taking a phone call at three in the morning, getting up to prepare a prescription for a sick child, and going the second mile in caring for people.

PRAY - Prayer connects you with spiritual power and builds inner strength. From it comes the certainty that you are being helped by someone else, and that is a wonderful confidence builder.

You don't have to utter obscenities to relieve tension and frustration. Instead try George Scharringhausen's formula of four-letter words to find the inner peace to match the outer stress.



NURSING SERVICES



Column Coordinator: LT Joyce E. Drescher, NC, USN

Recipe

A recipe for a professionally and personally rewarding nursing experience:

TAKE: One well-educated nurse who desires to be more than just a nurse.

ADD: A commission in the United States Navy as a Nurse Corps Officer.

ADD: A trip to Newport, Rhode Island for an introduction to the Navy.

ADD: An assignment on the nursing staff of a Navy Medical Center.

ADD: A working environment which encourages professional growth.

ADD: A social environment which provides recreational facilities and cultural activities, and the leisure time to enjoy them.

ADD: Time, which flows by ever so quickly.

ADD: The experience of meeting, working with and caring for people from all over the United States and other countries.

ADD: The inevitable sense of pride and accomplishment you develop as you reach the professional and personal goals you have set for yourself.

Blend the above ingredients well, for as little as 3 years. Season to taste with such spices as vacation travel and fringe benefits.

NOTES:

1. The above recipe should produce a richly rewarding experience in the life of a Navy nurse.

2. This recipe has been in continual use for 75 years in the Navy, seems to improve with age, and has stood the test of time.

Contributed by: LCDR Eddie Rice, NC, USN



Column Coordinator: ENS S. E. DuLac, MSC, USN

CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

What is Alcoholism?

Who is an Alcoholic?

Alcoholism is a condition which is characterized, among other things, by the drinker's consistent inability to choose whether to drink at all, or to stop drinking when he or she has obviously had enough.

But what is "enough?" It is certainly more than enough, for instance, when a person takes an overdose and becomes drunk; but one episode of intoxication does not make an alcoholic. In general, people are said to have a problem with alcohol, or to be alcoholics, if they cannot control their drinking, if they are dependent on the drug, and if their drinking has a negative impact on their families, friends, and jobs. By these criteria, about 10 million Americans are problem drinkers or alcoholics.

The reasons people abuse alcohol and how seriously that abuse affects their lives may be more important in determining alcoholism than how long or how much they drink.

If you have, or think you have, a problem with alcohol, contact the Substance Abuse Coordinator before it's too late.

Even if you don't drink, alcoholism affects you. Do you have a child in school? It's there! Are you driving tonight? It's waiting! It's where you live, work, play and worship! It's the nation's second most prevalent disease. It costs taxpayers billions of dollars; but it can cost you much more -- it can cost you your life!



Your duty station dreams CAN come true!

You've been told since boot camp that your duty assignments depend, first, on the needs of the Navy. That's not very encouraging, especially if you're thinking about doing another hitch. You've given four years or more to the Navy, so you say? And if they want to keep you, they're going to have to give you something in return. Well they will - if you're on guard! GUARD III, that is!

GUARD stands for Guaranteed Assignment Retention Detailing and is open to E-3 personnel who have passed an E-4 examination and all other petty officers who have less than 25 years of service. Your performance evaluations play a very important part in determining your eligibility. I know, I sound like a broken record when I keep repeating how important your evaluations are in regard to your Naval career; but, I just can't stress that fact enough. Anyway, the exact criteria for eligibility for each rate is available in my office.

The program offers those eligible 2 guaranteed duty assignments. The first guarantee must be used during your first reenlistment. The second may be used during any reenlistment up to 25 years. You may ask for guaranteed assignments to ship, shore, or home port duty stations; or a split tour. These assignments are usually made when your date of active obligated service and projected rotation date fall simultaneously.

When you decide to reup, don't wait until the last minute to arrange a GUARD III reenlistment. At least 6 months before your EAOS, get in contact with me and your detailer and maybe you'll find yourself at the duty station of your dreams!



LAB LINE

CAPT P. E. Petit, MC, USN

Welcome aboard, Debbie!

Recognize the smiling face below? She is Debbie Anderson, the Lab's new secretary. Debbie is joining the Lab's computer revolution by bringing a clerical computer (word processor) into use with many of our clerical functions. Word processors are replacing typewriters like calculators replaced slide rules, and refrigerators replaced ice boxes. We are excited about the potential of the system and are amazed by its tremendous capability. Our biggest application will be surgical pathology transcription and electronic filing. Reports for a hundred or so patients can now be stored on one floppy disk and retrieved with a few keystrokes. The system is also of immense value in maintaining our nineteen technical procedural manuals. Technical methodology changes so rapidly that keeping an up to date method documentation is an overwhelming task. The tremendous editing capability of the word processing equipment makes it easy to update procedural changes. We have been able to put some of our repetitive reports on it and virtually all of our correspondence. It is great for composing documents, especially if you change your mind a lot and its spelling check function is a great crutch for those of us who can't spell. Several of the Lab personnel have learned to use the system so now we fight to see who gets it next! If it sounds like Debbie has us sold on the value of a word processor, you're right! If Santa Claus is out there listening, please bring us another one!



... and more new Third Class

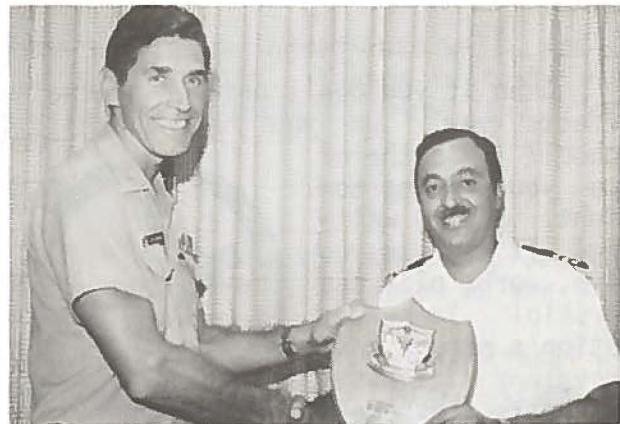


Not everyone could make it to the Frocking Ceremony on 15 July, so Captain Herr held a special one on the 21st. With Captain Herr are: (front row - left to right) HM3 Tina Smith, HM3 Dulce Garcia, and HM3 Debra Kolden. Back row: HM3 Derrick Bentley and HM3 Crilmer Holmes.

Farewell



Doing the honors for the Food Management Service, LT Barbara Fieldman, MSC, presented a Letter of Appreciation to Colette Leistner on 22 July as she bid farewell to her friends and co-workers.



Captain McClurkan, Executive Officer, presented a Naval Hospital plaque to CDR Luis M. Julia, MC, USN, on his departure on 1 August for NRMHC, Great Lakes.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

September is closing fast!

Education Service provided me with a memo listing the names of the individuals who are eligible to participate in the September service-wide examinations for advancement to E-4, E-5 and E-6. There is still a significant number of candidates who have not completed all requirements for the examination. The major area of concern is the completion of the PARS requirements.

It is the responsibility of each individual to see that he or she is eligible in all respects; however, the Leading Chief Petty Officer, Leading Petty Officer, Department Head, and Enlisted Advisor should be closely checking progress of their personnel to insure that eligibility requirements are being met. Education Service can provide a list of those not qualified.

There are four different things that must be completed prior to taking the examination:

1. Military Requirements correspondence course.
2. Personnel Advancement Requirement (PAR).
3. Military Leadership Examination.
4. Individual must be recommended.

Don't wait until the last minute. Get prepared early and then you can concentrate on studying for the examination.

Naval Hospital Orlando has a good record for advancement -- don't let the command, or yourself, down in September!



Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Swan

HMC Chris L. Swan, USN, Patient Affairs Service, is the Enlisted Advisor for 14 junior personnel. Chief Swan reported on board in December, 1981, and was assigned as the Assistant Chief, Human Resource Management Service. He has just recently been reassigned to his new billet as Leading Chief Petty Officer of Patient Affairs. Chief Swan is married and he and his wife, Fay, have one child: Kimberly.

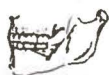
The following personnel are assigned to Chief Swan: HM3 Janet Bojko, HN Edward Boyle, HA Thomas Rowley, HM3 Beverly Brooks, HM3 Gregory Brown, HM3 Cynthia Buchanan, HN Laurent Marly, HM2 Kathy Michael, HM2 Shawn Helton, HM3 Garth Huetter, HA Thomas Lacy, HM1 Dean Leighty, HM2 Leon Milne and HM1 Brenda Pepper.

Hey, Petty Officer Johnson, he's not "THE Judge!"



JustAWord from the
Skipper

CAPT A. Herr, DC, USN



CRA

NOTES



By Dianna Bates

Setting the example

As a command aboard the Naval Training Center, Orlando, we are subject to the base regulations and instructions that apply to all Training Center personnel. For example: the registering of a firearm with the Housing Office if you live in government quarters; driving privileges; or the restricting of those privileges when applied. The hospital and the land around it, parking lots, etc., are a part of the Training Center Base complex and the rules do not stop at the Lakemont gate, but apply equally here as any other area of the complex. As a tenant command with the Recruit Training Command, we must be one of the top pacesetters - the ones to be looked up to by all others. We are expected, and rightfully so, to be sharp militarily and professionally. Every aspect of what we do, from our personal grooming standards, military courtesies, conversations with and treatment of our patients, has got to be the standard by which the other commands measure themselves. We are great and what we should strive for is to make others know how great by the way we conduct ourselves day by day. The future conduct, attitude and respect of our new shipmates, the newly graduated recruits, is based to a very great extent on the preparation they receive here and now from us. Let's make sure they are as proud of Navy medicine as we are. The easiest way to do this is to set the pace for them to follow. Remember, it is our hospital, our Navy and it is only as great as we dare to make it.

"Example is not the main thing in influencing others. It is the only thing."

Albert Schweltzer

Keep us informed

Whenever one of the civilian employees in your office or service is hospitalized, please notify one of the following CRA committee members: Dianna Bates, X4927; Mitzie Wilson, X4820, or Carol Blankenship, X4949. We love to send flowers and brighten the day of our fellow staff members, when hospitalized, but we need to be informed.

CRA BIRTHDAY GREETINGS: Oliver Bellamy on 2 Aug; Irene Martinez and Richard Weese on 3 Aug; Roberta Cohen on 5 Aug; Shirley Graham, Anne Swartout, and William Walker on 7 Aug; Cheryl Evans on 14 Aug; Patricia Johnson on 16 Aug; Judith Brooke and Ida Weining on 17 Aug; Corrairie Roy on 18 Aug; Ronald Johnson, Peggy Heacock and Marie Willis on 21 Aug; Dorothy Pempey on 23 Aug; Angeline Derby and Dolores Thompson on 27 Aug; Helen Walsh on 28 Aug; and William Martin on 29 Aug.

"Praise is like champagne; it should be served while it is still bubbling."

Robins Reader

WHOOOIZZIT

It's HM3 John "Wags" Wagner, from the Human Resource Management Service.



Petty Officer Wagner reported on board in August, 1982, and was assigned to the E.R. He was recently re-assigned to HRMS. Petty Officer Wagner has four years of Naval Service and had

a tour of duty with the First FSSG at Camp Pendleton before reporting here. HM3 Wagner and his wife, Fumiko, enjoy this area -- Petty Officer Wagner's hometown is Winter Haven, Florida!